

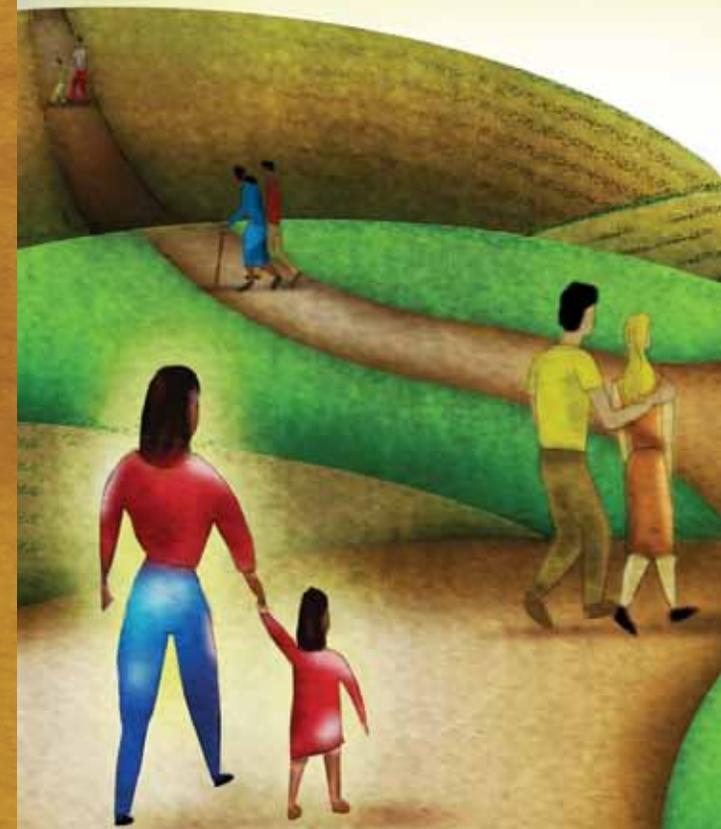


## *Fresno First*

Fresno first is a Female Offender Treatment and Employment Program (FOTEP) dedicated to reduce recidivism through continuation of intensive substance abuse services, family reunification, vocational training, and employment services that allow for successful reintegration into the community.

# *Fresno First*

*Mental Health Systems  
is a non-profit agency founded  
in 1978 to improve the lives  
of individuals, families and  
communities facing substance abuse  
and behavioral health challenges.*



## Our Services

Our program provides innovative and effective substance abuse treatment, recovery and prevention services to female parolees. They are designed to promote change and improve the lives of our clients, families, and the communities in which we live.

Through them, our women achieve self-reliance (welfare independence) for themselves and their families.

Services include comprehensive screening, assessment, integrated care planning, individual and group counseling, employment preparation and placement, and coordination of care with community providers.

## Our Staff

Our staff is committed to providing trauma-informed, evidence based, family-centered treatment services for women and their children affected by substance abuse and mental illness.

They empower our female offenders to accept responsibility and to effect positive change in their lives, helping to create a drug free, crime free individual, family and community.



*"With the new day comes new strength and new thoughts." - Eleanor Roosevelt*

## Our 3 Phase Program

### Phase I:

- Recovery basics
- Re-adjust to life outside of prison
- Begin reunification with children
- Counseling and workshops

### Phase II - III:

- Education and employment preparation
- More intensive counseling and workshops
- Preparation to transition into the community

## Family Reunification

Our program allows women to receive residential treatment services for up to fifteen months while in residence with their minor children (typically under the age of 12). This can help build and strengthen the bond between parent and child, and allows the woman to develop parenting skills in a supervised, homelike setting. We offer classes in parenting, nutrition and health. Comprehensive case management and support relating to family court and reunification plans with CPS are also available.

## Vocational Services

- Assists women in overcoming barriers
- Identifies skill sets and marketing points
- Develops a realistic career path based on "Field of Fascination"
- Resumé writing, interview preparation and follow up skills
- Basic computer and internet training for employment opportunities

